Beef Pinwheels with Arugula Salad

🌾 **Gluten Free**

READY IN	SERVINGS	CALORIES
⏰	🍽️	💧
45 min.	**4**	**565 kcal**

LUNCH   MAIN COURSE   MAIN DISH   DINNER

Ingredients

- [ ] 0.8 lb arugula
- [ ] 1.5 lb flank steak
- [ ] 4 servings lemon wedges
- [ ] 3 tablespoons olive oil
- [ ] 4 oz pancetta very thinly sliced
- [ ] 4 oz provolone cheese thinly sliced

Equipment

- [ ] bowl

- [ ] knife
- [ ] plastic wrap
- [ ] grill
- [ ] spatula
- [ ] skewers
- [ ] rolling pin
- [ ] meat tenderizer
- [ ] broiler pan

Directions

- [ ] Cover work surface with plastic wrap and put steak on it with a short side of steak nearest you. Holding a sharp knife parallel to work surface and beginning on a long side, using short slicing motions, butterfly steak by cutting it horizontally almost, but not all the way, in half, then open it like a book.

- [ ] Cover steak with a double thickness of plastic wrap (about 2 feet long) and, using the flat side of a meat pounder (or using a rolling pin), gently pound meat 1/4 inch thick.

- [ ] Discard top sheets of plastic wrap and turn steak on plastic wrap so grain of meat is running left to right, then rub 1 tablespoon oil onto steak and sprinkle with 1/4 teaspoon salt and 1/4 teaspoon pepper. Arrange prosciutto in a slightly overlapping layer on steak, then cover with cheese.

- [ ] Beginning with side nearest you, using plastic wrap as an aid and pressing slightly on filling, roll up steak tightly, then skewer steak, crosswise, at 1-inch intervals. Using a sharp knife, cut between skewers to make 1-inch-thick pinwheels. (End pieces will be about 1 1/2 inches thick. Trim if desired. For more about how to form beef pinwheels, see Time for Steak, Rattle, and

- [ ] Roll.)

- [ ] Prepare grill for cooking over medium-hot charcoal (moderate heat for gas). If using a charcoal grill, open vents on bottom of grill, then light charcoal. When charcoal turns grayish white (about 15 minutes from lighting), hold your hand 5 inches above grill rack to determine heat for charcoal as follows:Hot: When you can hold your hand there for 1 to 2 seconds

- [ ] Medium-hot: 3 to 4 seconds

- [ ] Low: 5 to 6 seconds

- [ ] If using a gas grill, preheat burners on high, covered, 10 minutes, then, if necessary, reduce to heat specified in recipe.

- [ ] Grill pinwheels, cut sides down, on a well-oiled rack, turning over once (use a metal spatula to loosen), until beef is well browned outside but still pink inside and cheese is beginning to melt, 6 to 8 minutes total.

- [ ] Toss arugula with remaining 2 tablespoons oil and 1/4 teaspoon salt in a large bowl.

- [ ] Serve on a platter, topped with pinwheels.

- [ ] •Pinwheels can be formed, but not cooked, 1 day ahead and chilled on a platter, loosely covered with plastic.•If you aren't able to grill, pinwheels can be broiled on well-oiled rack of a broiler pan 4 to 6 inches from heat, turning over once, 6 to 8 minutes total.

Nutrition Facts

PROTEIN 35.36%   **FAT 61.66%**   **CARBS 2.98%**
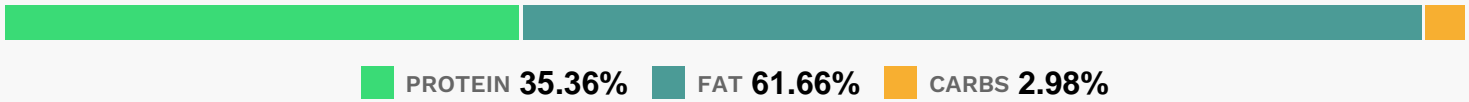
Properties

Glycemic Index:21.13, Glycemic Load:0.74, Inflammation Score:-9, Nutrition Score:32.863913069601%

Flavonoids

Eriodictyol: 0.21mg, Eriodictyol: 0.21mg, Eriodictyol: 0.21mg, Eriodictyol: 0.21mg Hesperetin: 0.28mg, Hesperetin: 0.28mg, Hesperetin: 0.28mg, Hesperetin: 0.28mg Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Isorhamnetin: 3.66mg, Isorhamnetin: 3.66mg, Isorhamnetin: 3.66mg, Isorhamnetin: 3.66mg Kaempferol: 29.67mg, Kaempferol: 29.67mg, Kaempferol: 29.67mg, Kaempferol: 29.67mg Quercetin: 6.75mg, Quercetin: 6.75mg, Quercetin: 6.75mg, Quercetin: 6.75mg

Nutrients (% of daily need)

Calories: 565.13kcal (28.26%), Fat: 38.36g (59.02%), Saturated Fat: 13.67g (85.42%), Carbohydrates: 4.17g (1.39%), Net Carbohydrates: 2.78g (1.01%), Sugar: 1.93g (2.14%), Cholesterol: 140.33mg (46.78%), Sodium: 507.12mg (22.05%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 49.49g (98.98%), Vitamin K: 101.69µg (96.85%), Selenium: 60.25µg (86.07%), Vitamin B3: 12.04mg (60.18%), Vitamin B6: 1.19mg (59.4%), Phosphorus: 569.42mg (56.94%), Zinc: 8.17mg (54.44%), Vitamin A: 2278.39IU (45.57%), Calcium: 387.9mg (38.79%), Vitamin B12: 2.1µg (35.06%), Potassium: 990.6mg (28.3%), Folate: 107.55µg (26.89%), Iron: 4.19mg (23.28%), Vitamin B2: 0.38mg (22.52%), Magnesium: 88.81mg (22.2%), Vitamin B5: 1.74mg (17.37%), Vitamin E: 2.56mg (17.06%), Vitamin B1: 0.24mg (16.26%), Vitamin C: 13.29mg (16.11%), Manganese: 0.3mg (14.9%), Copper: 0.21mg (10.42%), Fiber: 1.39g (5.56%), Vitamin D: 0.26µg (1.7%)